

CLUB OF THE YEAR 2021

**London & South East
Regional Winner**



CONTACT US

THE SUNDRIDGE PARK TENNIS CLUB

coaching@thesundridgeparkclub.co.uk
www.thesundridgeparkclub.co.uk

ADULT COACHING

BEGINNERS / IMPROVERS
INTERMEDIATE / ADVANCED



TENNIS COACHING

GROUP LESSONS &
INDIVIDUAL COACHING

ABOUT LESSONS

Learn & improve your game with our coaching team. During the coaching sessions you will be working on:

- Forehand & Backhand Technique
- Consistency
- Position On The Tennis Court
- Footwork
- Double Tactics & Game Plan

1 HOUR SESSION:

£9 MEMBER / £11 NON MEMBER

1.5 HOUR SESSION

£13 MEMBER / £15 NON MEMBER

PROGRAMME

Beginners

- Monday 9am
- Monday 7pm

Improvers

- Monday 9.30am
- Tuesday 9am
- Thursday 9am
- Friday 7pm

Intermediate

- Thursday 7.30pm
- Friday 9am
- Saturday 9am

Advanced

- Monday 7.30pm